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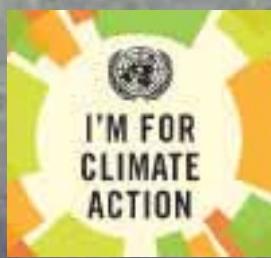
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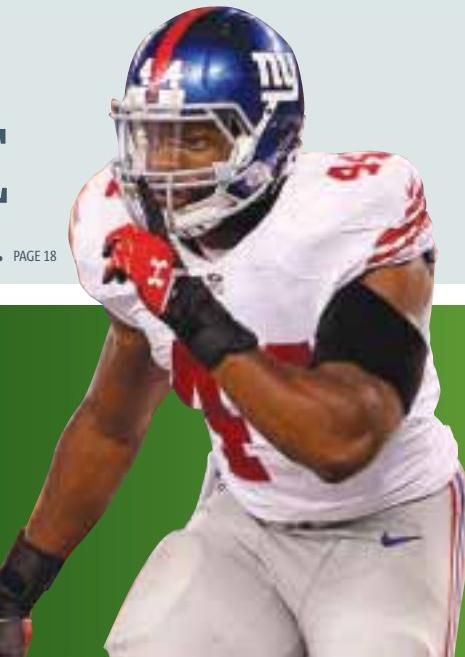
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ROOKIE ANDRE WILLIAMS WILL CARRY THE LOAD AT THE EAGLES. PAGE 18



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City meets to discuss plans for Ebola cases

PAGE 02

'Walking Dead' rise again on Sunday

PAGE 12



'It's Only a Play' isn't much more than that

PAGE 14

If a dude cheated on you before, he will again

PAGE 15

ALL ABOUT 'ALL ABOUT THAT BASS'

Music. Meghan Trainor has been pushing her big booty-positive hit single so hard that she lost her voice, but it's definitely working; the single is No. 1 on the charts again this week. PAGE 11

Meghan Trainor has got that boom boom that all the boys chase. / SARAH MCCOLGAN



NEWS

Today's tweet

Amazon to open store in NYC? Probably just two hipsters at the front that say: Sorry, we don't have that. But we can order it for you online."

@stranger109

Top 3

What's trending online at Metro.us

1 'Adrian Peterson fantasy football status: Ugly, with a chance of return'

2 'Amal Alamuddin Clooney gets back to work in Greece'

3 'Michael Vick admits his laziness cost the Jets'



City officials prepare in case of Ebola outbreak

Manhattan. Mayor de Blasio said the city is prepared for the worst.

One day after the first Ebola death on American soil, Mayor Bill de Blasio held a meeting with health and emergency officials to discuss how the city is preparing for the virus.

The mayor, who said numerous times there has not been an Ebola case in the city, said health officials have a "clear protocol" to follow in case a person needs to be treated.

"The important point here is we have to understand Ebola for what it is

and not make it something mysterious and mystified," de Blasio said. "The way to contain Ebola is the same way we contain measles — very straightforward concepts. Diagnose, isolate, and treat. It's a straightforward protocol."

If Ebola does make it to New York, de Blasio said doctors and other emergency workers are trained to spot the symptoms and isolate the patient. All major city hospitals have an isolation space, the mayor said, and a city lab can do "immediate testing" in-house to determine if a person does have the virus.

De Blasio said New York is "vigilant by nature," and said that multiple agencies being ready for a challenge



Remaining vigilant

"It's what we do as New Yorkers. It's particularly what this city government does and what all our partner agencies do. We've faced terrorism. We've faced natural disasters. We now face the possibility of being affected by a pandemic. But the fact is, all of those other moments prepared us to handle whatever is thrown at us." de Blasio

is nothing new.

Numerous city agencies, including the health department, sanitation, housing authority, MTA and homeland security, were planning on Thursday to prepare for "different scenarios" and devise an appropriate response, de Blasio said.

Even though state and federal organizations are monitoring the virus, de Blasio said it's up to New Yorkers to know if they are at risk — if they have traveled to a West African country with an outbreak, or come into close contact with someone who has.



WENDY JOAN BIDDLECOMBE

Wendy.Biddlecombe@metro.us

Cleanup crews walk off over Ebola concerns



Workers picketed saying that they were afraid of getting Ebola. / GETTY IMAGES

About 200 airline cabin cleaners walked off the job at LaGuardia Airport on Thursday to protest what they say is insufficient protection from exposure to Ebola for workers whose jobs include cleaning up vomit and bathrooms.

Picket lines were set up overnight by non-unionized Air Serv cleaners outside Terminal D at LaGuardia for a strike prompted by fears about the deadly virus, forcing airline crews to clean the planes themselves.

The workers, who are trying to join Service Employees International Union, the largest service workers union in the United States, left the

strike line to attend an infectious disease training session by the union.

The training lasted less than an hour and focused on removing contaminated gloves and washing up properly after potential exposure.

It was attended by workers from LaGuardia and John F. Kennedy International Airport.

"The bottom line is, I don't want to die," said Shareeka Elliott, 27, a terminal cleaner at JFK who said she attended the training.

Cabin cleaner Marisa Collado, 46, said in Spanish: "When we clean toilets we don't know if they are infected with Ebola."



Visit **Metro.us** to keep abreast of the latest news about the Ebola crisis.

Air Serv's owner, ABM Industries, said it trains cabin cleaners to deal with blood-borne pathogens and other problems, provides them with protective equipment and continually updates its procedures, "including an update on protocols for Ebola just last week." **REUTERS**

Staten Island

Woman arrested on murder, arson charges

A Staten Island woman has been arrested on charges of murder and arson, according to cops.

Antionetta Baldassarre, 67, was arrested on charges of second-degree

murder, arson and two counts of criminal possession of a weapon, police said.

Her husband, Frank Baldassarre, 80, was found in a bathtub with a head injury, in their Victory Boulevard home on Wednesday by firefighters, who were dispatched on calls of a garage fire.

METRO

Battery Park

Conservancy turkey hit by car

The Battery Conservancy announced on Thursday that Zelda, its longtime resident wild turkey, was hit and killed by a car as she walked on South Street toward Pier 11.

Zelda had called Battery Park home for the last 11 years. The turkey



Zelda / BATTERY CONSERVANCY

often appeared during Conservancy events and liked to roost in the trees.

In a statement the Conservancy said that they were "saddened" by the death of the turkey, but that she left behind a "legacy of encouragement" to continue efforts to preserve the park.

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Lower East Side

Rubenstein takes himself off the choke hold suit

Manhattan. As he faces scrutiny, Sanford Rubenstein is handing off the high-profile case to a fellow attorney.

A high-profile lawyer accused of raping a woman in his apartment last week has said he will no longer handle a wrongful-death lawsuit against the city by the family of Eric Garner, who died after police put him in choke hold during his arrest.

Sanford Rubenstein's law partner will instead handle the lawsuit in the wake of a police investigation into a 42-year-old woman's report that Rubenstein raped her, he said in a statement.

Rubenstein, 70, has handled some of the most prominent civil-rights lawsuits against the city and its police department over the past two decades as the go-to attorney for the Rev. Al Sharpton, the civil-rights activist. He has denied any criminal wrongdoing. **REUTERS**



Sanford Rubenstein will no longer handle the Eric Garner choke hold case. / GETTY IMAGES

Coming lawsuit

The Garners plan to sue the city, the police department and six named police officers for wrongful death, assault, battery and negligence, among other claims, seeking \$75 million in damages, according to a filing by Rubenstein's firm

with the city's comptroller.

- Scott Rynecki, Rubenstein's law partner, said he would handle the lawsuit with the "full faith" of Garner's relatives, who could not be reached for comment.

Albany. Gov. Cuomo announces \$40M to help the homeless

More than \$40 million is being set aside this fiscal year to help the homeless and those with low incomes with housing, Gov. Andrew Cuomo announced Thursday.

The governor said 11 grants are being given out by the Office of Temporary and Disability Assistance, and are expected to fund 276 housing units for the homeless, as well as veterans, the disabled and survivors of domestic violence.

An additional \$10 million in state money has been allocated to develop housing programs for homeless people on



A homeless person in NYC / GETTY IMAGES

Medicaid.

"These organizations provide a vital public service and these grants will help them fulfill their incredibly important mission of helping homeless New Yorkers rebuild their lives," Cuomo said.

METRO

Queens

Woman arrested in stabbing death

A female was arrested on Thursday afternoon in a stabbing death that occurred at 106-01 155 St., according to police.

Police said they responded to a 911 call to the building on Wednesday evening only to discover Michael Harris, 46, unresponsive with numerous stab wounds to his torso. Carmen Rodriguez, 33, was taken into custody at the location. She was charged with murder in the second degree and criminal possession of a weapon. **METRO**

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Today's winner

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'Boston Harbor view'

Camile Garzon, Boston, Category: My City's Magic



Lawmakers want to bar entry of West Africans over Ebola virus fears

Safety. Legislators said Obama should not wait for the WHO to dictate how US authorities should proceed.

More than two dozen lawmakers want the United States government to ban travelers from the West African countries hit hardest by the Ebola virus until the outbreak is under control.

Twenty-three Republican and three Democratic members of the U.S. House of Representatives signed a letter released on Thursday to President Barack Obama asking the State Department to impose a travel ban and restrict



Bellevue Hospital staff in New York City wear protective clothing as they demonstrate how they would receive a suspected Ebola patient. / GETTY IMAGES

visas issued to citizens of Guinea, Liberia and Sierra Leone.

In the letter, dated Oct. 8, they also asked U.S. health and border control officials to consider quarantine for anyone who arrives from the affected nations after being exposed

to Ebola until 21 days have passed, the period in which they would show signs of the illness.

The letter was released a day after the death of the first person diagnosed with Ebola in the United States, a Liberian man who traveled from his home

Quoted

"The WHO is an organization of unelected bureaucrats and political appointees of foreign countries. It has no duty to protect the lives and well-being of Americans, as you do."

Several lawmakers wrote

country on Sept. 19 and died in an isolation ward of a Dallas, Texas hospital.

The case put authorities and the public on alert for the deadly virus and the government increased efforts to try and stop it from spreading outside West Africa. **REUTERS**

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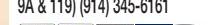
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NEWS

8

Unrest. St. Louis sees protests after white cop kills black teen



St. Louis Police / GETTY IMAGES

The St. Louis area on Thursday was bracing for more racial unrest over the August killing of unarmed black teenager Michael Brown by a white police officer, and another police killing of a black teenager on Wednesday was expected to add fuel to the fire.

Several civil rights organizations and protest groups, including Hands Up United, planned to mark the weekend with marches and rallies in St. Louis and the suburb of

Ferguson, Missouri, where Brown was killed two months ago. At least 6,000 have registered on an organizing website for the "weekend of resistance" events in and around Ferguson, which kick off on Friday with a "justice now" march to the office of St. Louis County

Prosecutor Bob McCulloch.

In Wednesday's incident, a 32-year-old white St. Louis police officer fatally shot 18-year-old Vonderrit Myers Jr. after the officer, who was off-duty working for private security company, saw Myers and two friends running and pursued them, according to a statement issued by the St. Louis police department.

Myers pulled a gun and shot at the officer and then the officer fired several shots, fatally wounding Myers, police said. **REUTERS**

Death

SNL's Jan Hooks dies

Actress Jan Hooks, best known for portraying first ladies Hillary Clinton, Betty Ford and Nancy Reagan on "Saturday Night Live" in the 1980s, died in New York, the office of her agent Lisa Lieberman said on Thursday. She was 57.

Hooks performed on SNL from 1986 until 1991, before joining the cast of CBS sitcom "Designing Women." Most recently, she appeared on NBC's "30 Rock."

REUTERS

Opinion

TOM FOREMAN

POLITICAL CORRESPONDENT FOR CNN



THE THREE-DAY WORK WEEK

Amid all the horrific news hailing down upon us, I recently read an article that warmed my battered heart: Someday we will all work only three days a week. Huzzah! Finally I can guiltlessly binge watch all of Breaking Bad, I'll no longer have to endure mid-week bellows of "Hump Day," and perhaps I'll take up the banjo.

In any event, I will no longer view Mondays like the start of Andy Dufresne's time at Shawshank. (Note to my bosses: Hey, just a joke. Can I grab a sandwich for you? My treat!)

The rationale is that as we hand over more work to computers, as cars start driving themselves, as pizza-delivering drones fill the skies, and labor-saving devices flood the office,

we won't need to spend so much time at desks, in factories or on showroom floors. And to be sure, the man who is pushing this theory knows a thing or two about business.

He is Carlos Slim, and while his name suggests he should be a porn star, poker player, or Old West gunslinger, he is in fact the world's richest man. The Mexican businessman is worth about \$83 billion, and with that kind of scratch he has all the time he needs I guess to ponder things like copper futures, the Nikkei Index and how much the rest of us are working.

Still, as much as his prognostication initially filled me with joy, now it is sounding unsettlingly familiar. Remember just a few years back when

everyone in D.C., from the president on down, was suggesting that losing manufacturing jobs was no big deal? We would all just trade up for better, cleaner, smarter, and higher-paying work! How'd that work?

In my experience, while technological changes can produce lighter workloads, just as often they create lighter workforces, fewer jobs, and lower wages, while the benefits go to people like billionaires.

On the other hand, if Slim means that soon enough technology will have us all down to part-time work to pay our bills ... well, he may be onto something.

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Elle Macpherson The Super Elixir

This is the hybrid of the super green powder world. For a start, The Super Elixir's got model credentials – Elle Macpherson, no less – while the science bit comes from disease prevention expert Dr. Simone Laubscher. It contains 45 ingredients, which outdoes most top restaurant dishes, and supports 11 systems, including digestion, hormonal, nervous, circulatory and integumentary (hair, skin and nails). So if you've ever wondered how Macpherson's appearance belies her 50 years, it might just be worth giving this super food a go. www.welleco.com



Pow(d)er up

No time for 10 servings of fruits and vegetables every day? These superfood powders might be the convenient and nutritious way to supplement your diet. **MARISSA FENTIMAN / MWN**

Spirulina

It smells vile – like algae or fish food at best – and tastes of seaweed, which isn't an appealing combination, but it is good for you. It's a superfood juggernaut with 60-70 percent complete protein (higher than beef,

chicken and soybeans) and includes other healthy components such as vitamin B12 and chlorophyll.

It's the Goody Two-shoes of the powder world that is easily digestible, protects the immune system, aids in mineral absorption and reduces cholesterol. But here's some food for thought: All this goodness still doesn't change its taste and flavor.

www.nuts.com

James Duigan Body Brilliance Powder

Personal trainer James Duigan's powder has more ingredients than a Twinkie. It really has got a bit of everything: banana fruit powder, wheat grass, alfalfa

grass, nettle leaf, broccoli sprouts, organic yam. The contents read like a witch's shopping list. To get the most out of this feel-good dust – crammed with antioxidants, anti-inflammatories and probiotics – mix with water, milk (any variety) or into a smoothie.

www.bodyism.com



Bee pollen

There's been a lot of buzz about bee pollen since Victoria Beckham announced that she was a fan earlier this year. It's no surprise that the mother of four and fashion designer is

happy to hum its praises, considering bee pollen's reputation as an energy enhancer, skin soother and immune booster. To get in on the celebrity craze, a spoonful of the stuff is best served with a piece of fruit at breakfast time.



Maca powder

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All the right junk in all the right places

A little more booty. Meghan Trainor's "All About That Bass" is No. 1 on the charts again and the singer gets emotional every time you sing along.

Meghan Trainor is speechless. It's not that her song, "All About That Bass" is No. 1 on the Billboard Hot 100 charts for the fifth straight week in a row. She is speechless because she's been singing her song so much that she blew her voice out. We were supposed to talk about "Bass" on the



MEGHAN TRAINOR CAN SHAKE IT, SHAKE IT, LIKE SHE'S SUPPOSED TO DO.

GETTY IMAGES

phone with Trainor, but her doctor made her go on vocal rest and cancel all interviews and performances until she got her voice back. We emailed the singer though, and she seemed happy to answer our questions that way.

Congrats on another week at No. 1. And more than 130 million people have viewed "All About That Bass" online. Were you prepared for this song to be this huge of a hit? What's the biggest

adjustment in having a song that everybody knows?

I was not prepared at all. Never thought it would be this huge. It's unbelievable though, and I'm so grateful that people are reacting to it so well. I'm just glad others could relate to it. The best thing is hearing the crowd sing every word, it gets me all emotional every time.

The song is so much fun, and it's obviously a great message, but did any of the reactions surprise you? I've seen a few long think-pieces on where the song fits into the message of feminism. Was it important to you to put that line in about 'skinny bitches' and how even people who could be characterized as such probably also think they're fat?

I have plenty of skinny beautiful friends that people would assume are confident "bitches," but I know in the privacy of their mirrors they destroy themselves because they still don't feel perfect enough in society's eyes. All I did was write a song about loving my size, and I'm glad most people can relate and see I didn't set out to shame skinny people.

Since you are all about that bass, what're a few

Bonus questions

JT, Rascal Flatts and Stevie

The music on most of the songs from Trainor's EP, "Title," seems rooted in both doo-wop and hip-hop. What kind of music did she grow up with in the house?

"I grew up listening to soul/R&B/funk/'50s," she writes. "So all over the place! I didn't know who



We're guessing you're one of the 130.5 million who will recognize this image from the "All About That Bass" video. / VEVO

of your favorite bass lines?

Any bass line by Earth Wind & Fire, Jackson 5 and Stevie Wonder. "Let's Groove" [by Earth, Wind & Fire] is my jam and has an amazing bass line.

Did your mama really tell you that 'Boys like a little more booty to hold at night? I need to know more about that conversation.

She always tells me "Don't worry about your size" and that I'm beautiful. My dad might have said the booty line.

I was sorry to hear that you lost your voice and you had to cancel conversations and performances. What happened? Is this the most back-to-back

performing you've ever done?

Because the song is doing so well, a lot of opportunities have come up and we hate saying no to any. So I think with all the traveling and performances I might have overdone it a little.

I had read that your parents were especially encouraging about you pursuing your dream, rather than forcing you to go to college.

It was always understood. I got a [songwriting] publishing deal when I was 18. Yes, I applied to college and got in but my father said, "You'll learn way more doing it than going to school [for it]."

 PAT HEALY
@metrousmusic
pat.healy@metro.us

The Beatles were until I was 15. I love them as well, but my childhood was mostly Earth Wind & Fire, Ray Charles and Stevie Wonder.

Trainor has also written songs for several artists, such as Rascal Flatts [see her "so all over the place" comment] for whom she wrote "DJ Tonight." But does Trainor perform that song live

now?

"No," she writes, "but I would LOVE to when I eventually get a band!"

Trainor also paraphrases Justin Timberlake's "Sexyback" in "Bass" when she sings the line, "I'm bringing booty back." Has she heard from JT?

"Only in my dreams," she writes. "But yeah, I'm still waiting for that shout out!"

CULTURE



Live this weekend

First exposure: Steve Gunn

In which we ask musicians about the monumental moments in their musical lives. This week, guitarist Steve Gunn.

What was the first song you learned?
"Money" by Pink Floyd. My first instrument was bass, at age 13. ... I really studied that song and was really proud to have learned it. It's usually the first song I play if I pick up a bass. [Laughs.]

What was the first show you went to?
It was the Red Hot Chili Peppers. ... My second show, just a few months later which in retrospect was a better experience, was Danzig.

When was the first time you realized you could do music as a career?
I'm still having trouble figuring that out.

Steve Gunn performs on Sunday at Rough Trade in Brooklyn.

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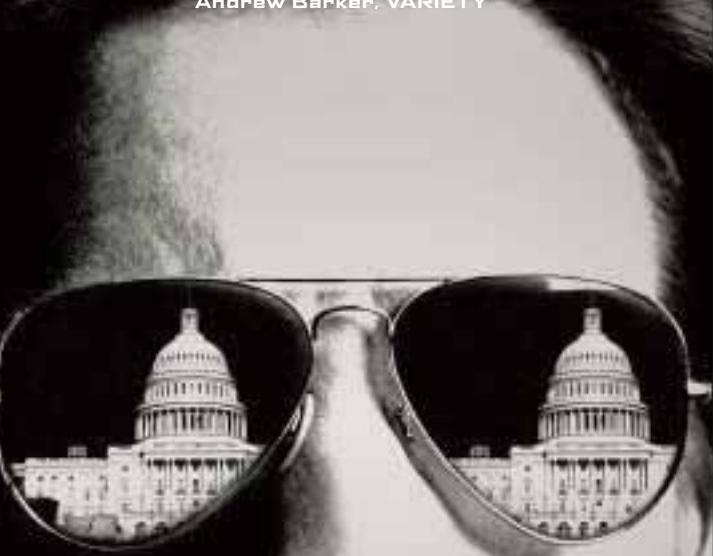
Steve Oldfield, FOX-TV

"JEREMY RENNER IS ELECTRIFYING."

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Rick bites back

Zompocalypse.

Andrew Lincoln says Rick Grimes does whatever it takes to protect son Carl on "The Walking Dead."

It's time for a new season of "The Walking Dead," AMC's top-rated zombie apocalypse drama, and star Andrew Lincoln hopes the few months off has given you enough time to get over his whole jugular-biting routine from the Season 4 finale.

"Ah, yes. The 'love bite scene,'" Lincoln laughs, when reminded of when his character, Rick Grimes, went teeth-first into a captor's throat to stop a gang of thugs from violating his teenage son, Carl (Chandler Riggs). "I think that was the least conflicted

a person could be about protecting your son. 'I don't have anything on me so I'm going to bite.'

More than 15 million people tuned in to see that finale, so Lincoln had good reason to worry the act might put some viewers off. "I was worried about the scene when I read it because I was concerned about the violence," he says. "I understood the metaphor — the walkers [what the show calls zombies] bit people, now humans bite people. Rick Grimes, the cop, bites people. I get that. But I was concerned that it wouldn't track. Then I did the scene, and it made complete sense.

"That's the beauty; that's what I love about the show. You can really push the extremities of some of the scenes as long as there's hope and a reason for it."

"The Walking Dead" is an incredibly violent show — but even by its own standards of gore, Lincoln's concerns about fans seeing the show's hero chomping into an adversary were reasonable. But viewers took it in stride. "No one said anything about the violence, which is great because people ... [are] invested: 'I'm a parent. I have children. That's what I would do,'" Lincoln says. "We took the gloves off last year. Those two [final] episodes were incredibly edgy. And I think we're moving into [darker] territory this season; we're going into the heart of darkness. This is a grown-up show, a very brutal show."



NED EHRBAR
@Nedrick
ned.ehrbar@metro.us



Quoted

"We took the gloves off last year. Those two [final] episodes were incredibly edgy. ... We're moving into [darker] territory this season; we're going into the heart of darkness. This is a grown-up show. A very brutal show." Lincoln

Taking sides

Season 5

The new season picks up literally right where the last left off, with Rick, Carl and company imprisoned by the creepily friendly — and potentially cannibalistic — folks at Terminus, a rail yard turned human stronghold. "There is a thing that I am discovering this season — if you



"The Walking Dead" returns Sunday at 9 p.m. on AMC.
GENE PAGE, AMC

are family. If you stand in front of us, you are a problem, and this season is about what side you are going to take," Lincoln says cryptically. As for Rick and Carl, "We've done a lot of healing in this relationship, and now you find us in the worst position we've ever been, yet we are probably at the most unified."

Dracula. Surely it can't be too hard to do an origin story about the world's most famous vampire

Old Universal Studios movie monsters are allegedly being rebooted into their own Marvel-esque universe. The virgin effort gives an origin story to Dracula (Luke Evans) — a totally decent, peace-loving, reformed genocidal maniac who only becomes a vampire to defeat the Turks.

The lowdown: Every age gets the "Dracula" they deserve, and that means "Dracula Untold" goes the reboot/origin story route. That also means that rather than a hammy charmer (a la Bela Lugosi or Christopher Lee), Evans's Vlad the Impaler is a tortured quasi-antihero. (With "Immortals" and the "Hobbit" films, Evans has perfected the art of strutting around medieval-ish locales while rocking super-intense stares.) Vlad becomes a bloodsucker reluctantly and selflessly, letting himself be turned by a local vampire (Charles Dance, with a Gene Simmons tongue) in order to more quickly defeat the invading army by himself.

But the story of how nice-guy Vlad turned into evil Dracula is so convoluted and has so many rules that the filmmakers eventually wind up forgetting who Dracula is. He may share a name with an icon, but our protagonist never comes to resemble the Dracula icon. He's just another vampire. It's really an excuse to have a guy



Luke Evans struts his stuff as a young Count in "Dracula Untold." / JASIN BOLAND

gain superpowers — more "Lim-itless" than Bram Stoker, with Evans taking out scores of men all on his lonesome. When not obscured by CGI and fast cuts, the burnt ochre colors are quite striking, though the film is comically humorless. A bit where a Turkish emissary actually does a Columbo — complete with a finger point as he says, "Just one more thing" — seems to have been included by accident.

MATT PRIGGE

Review

'Dracula Untold'

Director: Gary Shore

Stars: Luke Evans, Sarah Gadon

Rating: PG-13

• • • •

Review

'The Judge'

• • • •

Robert Downey Jr. plays Hank, a hot-shot lawyer none too happy to be back in God's country for his mom's funeral. He becomes even more peeved when he finds himself playing counsel for his estranged, suspected murderer of a father (Robert Duvall) — who happens to be a judge.

The lowdown: What is "The Judge"? Is it an old-school, moving drama about familial reconnection and an urban workaholic learning to reconnect with his small-town roots? Or is it a smart-ass, anti-sentimental, sometimes loopy Robert Downey Jr. vehicle? That it can't decide is its saving grace, but only to a point. It takes on the language of a classic heartwarmer, but wants to be too cool for that. It wants to be an honest, R-rated look at family — but it also needs to have a



Oh, look, Robert Downey Jr. is in a movie with a kid in "The Judge."

WARNER BROS. PICTURES

cute little kid come in and cute things up for a bit. And so on. Plus, it's way weirder than it perhaps even realizes.

Downey does have fun in the early stretches as Hank picks apart Duvall's original, cheap, inexperienced lawyer (Dax Shepard). There's even a potentially rich ethics problem in the trial. But the movie keeps getting distracted, and its big debate doesn't so much resolve itself as peter out. There's a

left-field tornado sequence, and a subplot in which our cranky hero reconnects with an old flame (Vera Farmiga) — which itself has a subplot within the subplot. (He drunkenly makes out with her eldest daughter, who may be his daughter, too.) This arc tries for edgy but is only creepy and misjudged. It's a battle for control between the star and the sappy material, but no one's at the wheel.

MATT PRIGGE

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Should you ever forgive a cheater?

Real-World Love Advice

CHARLES J. ORLANDO

TheProblemIsMen.com

Charles J. Orlando is a relationship expert and author of the best-selling book series "The Problem with Women ... Is Men." Find out more about him on his website, or visit him on Facebook for real-world love advice.



Dear Charles,
My fiance and I have been together three years. He proposed six months ago and our wedding is set for next year, and I can't see myself with anyone else. But then he went out with his friends last week and they ended up talking to a group of women. One of them made a pass at him. It turns out she is a past model for Playboy. He ended up sleeping with her. He confessed the whole thing and told me he was really sorry. He says that it was a fantasy opportunity and that ANY guy would have done it. You're a man, Charles. Would YOU have done it? And do I forgive him?

— Anonymous

Dear Anonymous,
Wow. Putting me on the spot, eh? You asked me to be honest, and I will. Truth be told, I completely understand this man's dilemma. That's a crazy dream shot for any man, and a man who says he wouldn't be tempted



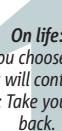
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is lying. But here's the thing: That model isn't the only temptation he has ever faced — and it won't be the last. It's how we respond to that temptation that defines us as a partner. By choosing the easy path and sleeping with the model, he is saying two things: First, my honor and integrity are negotiable, and are subject to my whims/wants/desires at the time. And second, my love for my fiancee isn't as important as my own wants.

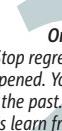
He didn't cheat because of who you are. He cheated because of who he is not. Secondly, you need to rethink why you would want to forgive this (possibly) one-time fling.

My gut reaction: You need to value yourself and not settle for someone who will sell you out at the first sign of challenge or adversity — or the first opportunity for "something better."

Two pieces of advice



On life:
What you choose to allow is what will continue. My advice: Take your power back.



On regret:
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Bynes is ready to laugh all the way to the bank

If Amanda Bynes' Twitter feed is to be believed, she's striking back at the tabloids. "I am suing In Touch for lying about me entirely. They continue to write lies about me and it really hurts my feelings because they are calling me insane and I'm actually really smart," Bynes writes. She also boasts that she's suing Star magazine. "I'm laughing all the way to the bank because I will sue them all." But there's one publication that she's cool with: "I am getting married and my boyfriend and I are going to be on the cover [of] People magazine," Bynes writes.



Hey, it's Amanda Bynes! She was photographed earlier this week! This is the first photo of Bynes we've been able to find on the Getty Images site since July 2013! / GETTY IMAGES

THE WORD

Ned Ehrbar takes on the world of gossip.

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Rock Hall of Fame announces nominees

Green Day leads the pack of "Holy crap, they've been at this for that long?" nominees for the 2015 Rock and Roll Hall of Fame, which were announced Thursday. To be eligible, an artist must have first released music in 1989 or earlier. Also nominated: Nine Inch Nails, N.W.A., The Smiths, Sting, Stevie Ray Vaughan, Joan Jett & the Blackhearts and several "Why aren't they already in the Hall?" noms like Lou Reed, Kraftwerk, Chic, The Marvelettes, The Spinners, War and Bill Withers. Vote at www.rockhall.com.



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New 'Ghostbusters' female cast: Who ya gonna call?

THE FEIG ALL-STARS

Melissa McCarthy, Kristen Wiig, Sandra Bullock and Rose Byrne McCarthy and Wiig seem like obvious choices — so obvious, in fact, that Bill Murray already name-checked them as people he'd like to see, along with Linda Cardellini and Emma Stone. (Hey, that's not a bad lineup either.) But I'd round it out with McCarthy's "Heat" co-star Bullock, and the "Bridesmaids" secret weapon, Byrne, who stole the show in "Neighbors" earlier this year.



It's really happening. "Bridesmaids" director Paul Feig confirmed on Twitter that he'll be directing a new "Ghostbusters"

film with a female cast, co-written by "Parks and Recreation" scribe Katie Dippold. Ever since the idea of an all-female

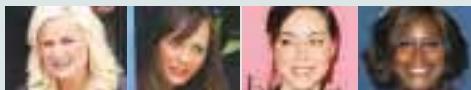
"Ghostbusters" team was first floated earlier this summer, speculation has run rampant about who might fill out the roster.

And who am I to stop something from running rampant? Here some team-up ideas I think would be particularly awesome.

The original cast of "Ghostbusters" were, from left, Ernie Hudson, Dan Aykroyd, Bill Murray and Harold Ramis. / SONY PICTURES HOME ENTERTAINMENT

THE 'PARKS AND REC' CREW

Amy Poehler, Rashida Jones, Aubrey Plaza and Retta Given that Dippold is co-writing, it makes sense to look to "Parks and Recreation" for women to strap on the proton packs, and that show has a deep bench of female talent. We already know these four can play awkward co-workers, so why not throw some supernatural elements at them?



THE TV GRAB BAG

Mindy Kaling, Casey Wilson, Teyonah Parris and Sarah Silverman Now I'm just playing favorites. What you want in a "Ghostbusters" team is a mix of strong, distinct personalities that won't drown each other out, and that's what these four have. Kaling and Wilson are irresistible, and Silverman is always a commanding presence. And "Mad Men" co-star Parris shows some impressive comic chops in the upcoming "Dear White People" and should be on your radar.



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Horoscope

♊ Libra | Sept. 23-Oct. 22. Pamper yourself. A trip, a treat or an educational or creative pastime will help you to calm down and ease your stress.

♏ Scorpio | Oct. 23-Nov. 21. Get busy taking care of odd jobs. Disagreements will get blown out of proportion if you aren't willing to compromise.

♐ Sagittarius | Nov. 22-Dec. 21. Gambling or dubious financial ventures are to be avoided at all costs. If you are considering a way to increase your earnings, do your homework.

♑ Capricorn | Dec. 22-Jan. 20. Plan a family day if your schedule has been filled with work or other commitments. Your time will be appreciated.

♒ Aquarius | Jan. 21-Feb. 18. A request for help will have some strings attached. Be sure you know what you are getting into if you are asked to do something that sounds fishy.

♓ Pisces | Feb. 19-March 20. Children have feelings, too. Make an effort to spend more time with the youngsters in your life. Listen to complaints..

♈ Aries | March 21-April 20. Your loved ones will be less than thrilled with your controlling tactics. Keep your opinions to yourself.

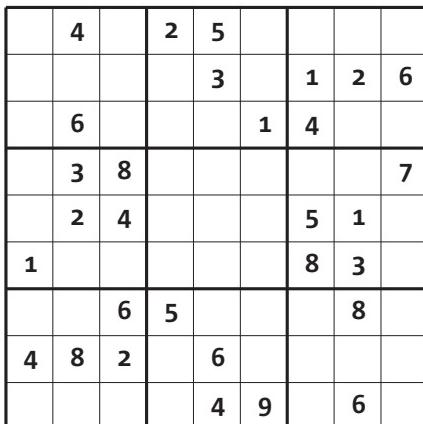
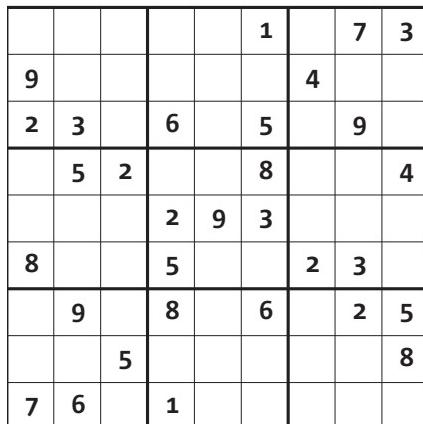
♉ Taurus | April 21-May 21. You may be lacking stimulation or inspiration. Head to the library or look on the Internet for topics that challenge and enlighten you.

♊ Gemini | May 22-June 20. You have to pick and choose your activities carefully. Someone will be annoyed with your lack of commitment to a joint venture.

♋ Cancer | June 21-July 22. Don't take on too much. Your health will suffer if you are relentless in your pursuits and lack common sense. Don't be shy.

♌ Leo | July 23-Aug. 22. An evening of entertainment with friends will put the smile back on your face. Recharge your batteries.

♍ Virgo | Aug. 23-Sept. 22. Property offers look favorable. Consider launching a business idea that you've been working on. Financial gains are possible if you take a chance. **EUGENIA LAST**

Sudoku: Easy and hard**Crossword****Across**

- 1 Attired
- 5 Cliff debris
- 10 Liverpool chap
- 14 Ramble around
- 15 Tunes for divas
- 16 Texas town
- 17 He played Obi-Wan
- 18 Astrologer's scales
- 19 Quark's hangout
- 20 Ache relievers
- 22 Really stupid
- 23 Mortar troughs
- 24 Ibsen woman
- 26 Haciendas
- 29 Choosers between (2 wds.)
- 33 Revival shouts
- 34 Edible roots
- 35 Opposite of "post-"
- 36 McNally partner
- 37 Con game
- 38 Parakeet quarters
- 39 The Plastic— Band
- 40 "Alfie" star
- 41 Burns' partner
- 42 Noticeably
- 44 Disordered
- 45 Shortfall
- 46 — mater
- 48 Choir members
- 51 More rad
- 55 Canter or trot
- 56 B, in chemistry

- 58 Whodunit name
- 59 To the — (fully)
- 60 Sweet liqueur
- 61 Fan noise
- 62 Overdone
- 63 Poe's first name
- 64 Tizzy

Down

- 1 Zodiac animal
- 2 Kinks' hit song
- 3 With, to monsieur
- 4 Crew member (2 wds.)
- 5 Pedro's toast
- 6 Nursery fixtures
- 7 Corduroy ridges
- 8 Hearing aid?
- 9 NASA counterpart
- 10 Safari leaders
- 11 Pro — (in proportion)
- 12 Mouse target?
- 13 Heavy reading?
- 21 Antarctic sea
- 22 Ticks off
- 24 Brother's child
- 25 Numerical prefix
- 26 Billiards shot
- 27 Fridge maker
- 28 Monsieur, in Madrid
- 29 Loafer insert

**How to play**

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

CAROLINE HANLEY, VIA EMAIL

Guns scarier than Ebola

Re: 'No shame in fearing Ebola' (Metro, Oct.

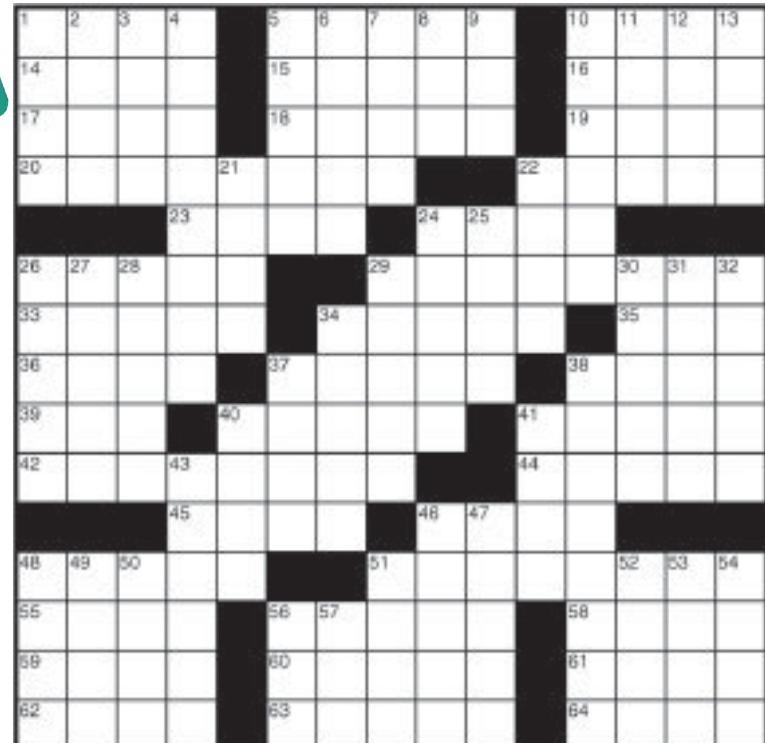
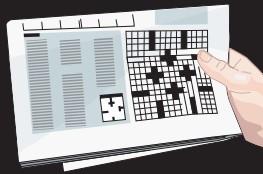
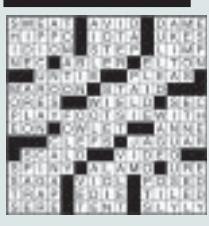
9): Sean Rook is both right and wrong in his worries about the current Ebola outbreak. Yes, it's a virus that we need to watch out for given its high mortality rate. However, that should be tempered by the scientific fact that it is hard to become infected by it. Meanwhile, there have been over 57,000 Americans reportedly killed by gunfire since Sandy Hook. There are plenty of other things that immediately endanger us than an exotic African virus.

JOSEPH CONNELL, VIA EMAIL
letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Visit us online at **Metro.us**.

Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.

**Thursday's answer**

3

SPORTS

Heisman hiccup

Gurley sits for violation

Georgia running back Todd Gurley, one of the leading candidates for the Heisman Trophy, has been suspended indefinitely by the school as Georgia investigates allegations Gurley was paid for autographs and memorabilia. Gurley leads the team with 773 rushing yards and eight touchdowns. The No. 13 Bulldogs play No. 23 Missouri on Saturday.

3 Stories to watch as Giants meet Eagles

NFL. The Giants are playing like one of the best teams in the NFL as they face their biggest rival.

The Giants and Eagles will face off Sunday in prime time in what is both teams' biggest game yet.

The Eagles will be hosting a Giants squad riding a three-game winning streak and suddenly looking like a real threat in the NFC East. And if there are still doubters, they can just ask Giants safety Antrel Rolle, who said Big Blue has now turned the division in their favor, while also dismissing Philadelphia's division-winning crown from last year, noting it was a "weak division."

As can be expected, that's just more fuel to the fire of a rivalry that didn't need further fanning.

Metro takes a look at three storylines to watch as the Giants travel to face the Eagles on Sunday Night Football (8:30 p.m., NBC).

TONY WILLIAMS
@TBone8
sports@metro.us



Looking for his game

The Giants need to hold Philadelphia's All-Pro running back LeSean McCoy to his slumping ways if they want to get the upset road win.

McCoy, who rushed for an NFL-leading 1,607 yards last season, has only 273 rushing yards this season, behind such relative unknowns like Niles Davis, Khiry Robinson and Justin Forsett.

McCoy, though, has been a noted Giants killer over the years — and takes glee in being that.

But if the Eagles offensive line continues to get pushed back in his lap, Big Blue will be the one with the last laugh. How well McCoy plays goes a long way in determining the winner.

"It's always got to be a point of emphasis, it's a cause for concern, but we know that if we do our job, we will bottle him up," Giants defensive end Mathias Kiwanuka said of McCoy.



Fallback guy

Andre Williams is now the main man behind quarterback Eli Manning, as veteran running back Rashad Jennings will miss the game with an injured knee.

Williams, a fourth-round pick out of Boston College, has been thrust into what is customarily the most bitter rivalry in the NFC East. Both teams love to get after the opposing quarterback, so as much of a talented runner the rookie is, it

will be very important he has Manning's back — literally. The importance of quality pass protection is usually the most difficult transition for young running backs entering the NFL.

Most know Williams is a skilled runner, but no one knows if he's fully up to the task of being arguably the second-most important protector of Manning behind left tackle Will Beatty.

Who's the mastermind?

Both offenses are relatively new — with Eagles head coach Chip Kelly's version of the spread offense being just over a year old and Giants offensive coordinator Ben McAdoo's West Coast offense having only five regular season games under its belt.

It'll be interesting to see which quarterback wins the personal battle, as their respective offenses' tempo could be the game's ultimate dictator. The Eagles' leader, Nick Foles, has struggled to match last season's efficiency, while Manning is starting to look like the elite quarterback he declared himself to be two seasons ago. Foles, who tossed two interceptions all of last season, already has five, while Manning is nearing the fabled 70 percent completion percentage rate and seems to have grasped McAdoo's concepts.

NFL. Giants feeling confident as they ride three-game win streak

The Giants are heading into their Sunday prime time matchup against the Eagles full of bravado.

A three-game winning streak will do that for a team.

"We are encouraged by the momentum we've got," said defensive end Mathias Kiwanuka. "We want to keep that stuff rolling so that we can keep ourselves in the right position."

The Giants (3-2) have gotten themselves back in the divisional race on the strength of an offense that is really starting to jell and a

Injury report

The Giants listed the same players on Thursday's injury list as the previous days.

- Running back Rashad Jennings (knee) and linebacker Spencer Paysinger (hamstring) both missed practice and are unlikely to play.
- Linebacker Jon Beason (foot), corner Dominique Rodgers-Cromartie (ankle) and punter Steve Weatherford (ankle) were all limited in practice.

resilient defense that bends but doesn't break. The unit is also getting timely takeaways at the most opportunitistic moments.

"I am extremely excited for this opportunity," said captain Antrel Rolle. "I am excited to go out there and see how far we have come along as a team. I'm confident in what we can do. Like I said, those guys are great opponents [and] they have been playing some pretty good football. It is going to be a great test for ourselves."

TONY WILLIAMS



Find video and recap of the Giants-Eagles and Jets-Broncos games at: Metro.us/sports.

Getting better

Ryan says energy up at Jets practice

Jets head coach Rex Ryan was all smiles on Thursday, a day after he took his team to task for a lackluster practice.

"The energy was up today, no question about it," Ryan said. "The guys had a great practice. It wasn't perfect. We had a couple guys, especially our new players, [who've] got a lot on their plate still. Some of them didn't line up [correctly] — we're still having some issues there — but we're working at it. We'll get it down. But the energy was good. I thought it was a good practice."

This comes on the heels of linebacker Demario Davis criticizing the team's effort in practice after losing to the Chargers last weekend. He backtracked on Wednesday, though.

KRISTIAN DYER

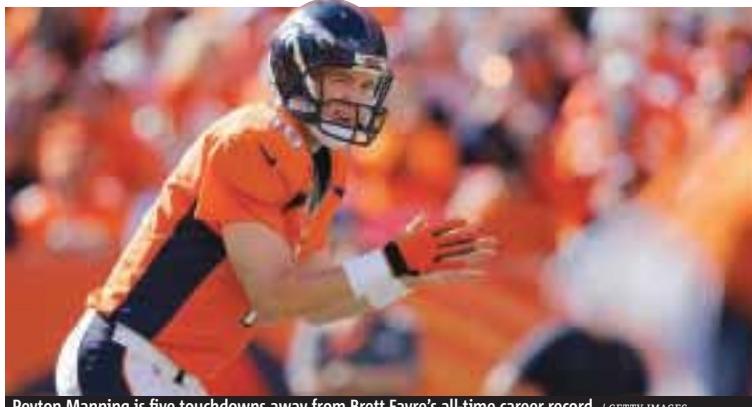
3 Stories to watch as Jets square off with Broncos

NFL. The schedule doesn't get any easier as the Jets are desperately in need of a win.

As if losing four straight isn't bad enough, the Jets face an opponent on Sunday with one of the best offenses in the history of the NFL. The Broncos are Super Bowl contenders again after falling short in the game the last time they visited MetLife Stadium.

Metro takes a look at three storylines to watch as the Jets host the Broncos Sunday (1 p.m., CBS).

1 Always about Manning
He may be 38 years old and a couple years removed from contem-



Peyton Manning is five touchdowns away from Brett Favre's all-time career record. / GETTY IMAGES

plating retirement due to a neck injury, but Peyton Manning shows no signs of slowing down. He completed 31-of-47 passes for 479 yards with four touchdowns and two interceptions. Yet, the perfectionist sees room for improvement. And considering the

state of the Jets' secondary, it could be much worse Sunday.

2 Wounded animal
It may not be fair to sleep on the Jets coming into this game. At 1-4, they are teetering in "must-win" territory. The Broncos see a team

better than their record indicates. "You know, we look at tape and some people on the outside look at records and all of that fun stuff," said Broncos head coach John Fox. "Our guys understand, like any road trip, we're going into a hornets' nest."

3 Third railed
Remember the talk before the season about the Jets defense being among the best in the league? Well, it's not as bad as the offense, but the defense certainly hasn't lived up to its billing. Especially worrisome is the third-down defense, where the Jets let the Chargers convert on 12-of-18 third downs last Sunday. "Not only have we given up first downs, we've given up chunks and big plays," head coach Rex Ryan said. "We've tried pretty much everything. We've pressured in those situations, we've played coverage [and] a lot of different things. But one thing that's stayed consistent [is] we have not been very good."

KRISTIAN DYER
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Bali®, Warner's® and
more. Shown:
Playtex®
18-Hour Bra.
★ WebID
560825.



2-DAY SPECIALS! FRI & SAT

DURING OUR SUPER SATURDAY SALE MACY'S CARD/SAVINGS PASS DISCOUNT DOESN'T APPLY TO SPECIALS.

SPECIAL 59.99

5PC. LUGGAGE SET
Reg. \$200.
Only at Macy's.
From Tag
Fairfield.
★ WebID
1041972.



EXTRA 50% OFF

already reduced prices

FOR A TOTAL SAVINGS OF 75%-85% OFF

orig.* prices

CLEARANCE SELECTIONS FOR HER: SPORTSWEAR
FOR MISSES, PETITES & WOMEN; ACTIVEWEAR

OR, TAKE AN EXTRA 10%-20% OFF[†]

when you use your Macy's Card or savings pass during our Super Saturday Sale. [†]Exclusions apply, see pass.

**SPECIAL
EXTRA 15% OFF**

CUISINART
Special 25.49-110.49. Reg. 39.99-
189.99. From top: Coffeemaker,
#DCC1400 (★ WebID 362388);
and toaster oven, #TOB-60
(★ 361820) & toaster, #CPT180
(★ 576036).



WOW! PASS

EXTRA SAVINGS ON ALL SALE &
CLEARANCE APPAREL! (EXCEPT
SPECIALS & SUPER BUYS)

EXTRA 20% OFF

SELECT SALE & CLEARANCE APPAREL
FOR HIM, HER & KIDS

EXTRA 15% OFF ALL SALE &
CLEARANCE FINE & FASHION
JEWELRY, COATS, SUITS, DRESSES,
IMPULSE, INTIMATES, SWIM FOR
HER; SUIT SEPARATES, SPORTCOATS
& SHOES FOR HIM; SELECT HOME
ITEMS **EXTRA 10% OFF** ALL SALE
& CLEARANCE WATCHES AND
ELECTRICS & ELECTRONICS

★ macy's

Also excludes: Everyday Values (EDV), Doorbusters, Deals of the Day, furniture, mattresses, floor coverings, rugs, men's store electronics, cosmetics/fragrances, athletic shoes for him, her & kids, shoes for her, Dallas Cowboys merchandise, gift cards, jewelry trunk shows, New Era, Nike on Field, previous purchases, special orders, selected licensed depts., special purchases, services. Exclusions may differ at macy's.com. Cannot be combined with any savings pass/coupon, extra discount or credit offer except opening a new Macy's account. EXTRA SAVINGS % APPLIED TO REDUCED PRICES.

TEXT "CPN" TO 62297 TO GET COUPONS,
SALES ALERTS & MORE!

Max 3 msgs/wk. Msg & data rates may apply. By texting CPN from my mobile number, I agree to receive marketing text messages generated by an automated dialer from Macy's to this number. I understand that consent is not required to make a purchase. Text STOP to 62297 to cancel. Text HELP to 62297 for help. Terms & conditions at macy's.com/mobilehelp. Privacy policy at macy's.com/privacypolicy



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VALID 10/10-10/11/2014

SPECIAL 19.99

BLACK & DECKER CHOICES
Reg. 39.99. Waffle maker, #WM1240MB
(★ WebID 580880); blender, #BL2010BG
(★ 1618807) and 12-cup
coffeemaker,
#DLX1050B
(★ 833512).



SPECIAL \$199

EMERALD & DIAMOND RING
Reg. \$600. In 14k gold.
★ WebID 370580.
Also available in rubies^{††}
(★ 370582) & sapphires
(★ 279861).



SPECIAL 29.99

400-THREAD
COUNT SHEET SET
Reg. \$120-\$140. 4-pc. in
cotton/polyester. Queen
or king. ★ WebID
782451.



SPECIAL 60% OFF

MEMORY FOAM
Special 23.99-31.99. Reg. \$60-\$800. Pillows
& toppers by SensorGel and more.
★ WebID 139387.



FREE SHIPPING EVERY DAY + EXTRA 10%-20% OFF + FREE RETURNS AT MACYS.COM! FREE SHIPPING WITH \$99 PURCHASE!
USE PROMO CODE: SUPER FOR EXTRA SAVINGS; OFFER VALID 10/10-10/11/2014. EXCLUSIONS APPLY; SEE MACYS.COM FOR DETAILS.
FREE RETURNS BY MAIL OR IN-STORE. U.S. ONLY. EXCLUSIONS APPLY; DETAILS AT MACYS.COM/FREERRETURNS

the magic of
★ macy's.com



^{††}Rubies are lead-glass filled. Fine jewelry specials are only at stores that carry fine jewelry. Free item must be of equal or lesser value than purchased item. Returns must include purchased and free items. REG. & ORIG. PRICES ARE OFFERING PRICES AND SAVINGS MAY NOT BE BASED ON ACTUAL SALES. SOME ORIG. PRICES NOT IN EFFECT DURING THE PAST 90 DAYS. SUPER SATURDAY PRICES IN EFFECT 10/10-10/11/2014. *Intermediate price reductions may have been taken. Extra savings are taken off sale prices; "special" shows price after extra savings. Jewelry photos may be enlarged or enhanced to show detail. Fine jewelry at select stores; log on to macy's.com for locations. Almost all gemstones have been treated to enhance their beauty and require special care; log on to macy's.com/gemstones or ask your sales professional. Advertised merchandise may not be carried at your local Macy's & selection may vary by store. Prices & merchandise may differ at macy's.com. Electronics & luggage carry mftrs' warranties; to see a mftr's warranty at no charge before purchasing, visit a store or write to: Macy's Warranty Dept., PO Box 1026 Maryland Heights, MO 63043, attn: Consumer Warranties. N4090006.

OPEN A MACY'S ACCOUNT FOR EXTRA 20% SAVINGS THE FIRST 2 DAYS, UP TO \$100, WITH MORE REWARDS TO COME. Macy's credit card is available subject to credit approval; new account savings valid the day your account is opened and the next day; excludes services, selected licensed departments, gift cards, restaurants, gourmet food & wine. The new account savings are limited to a total of \$100; application must qualify for immediate approval to receive extra savings; employees not eligible.